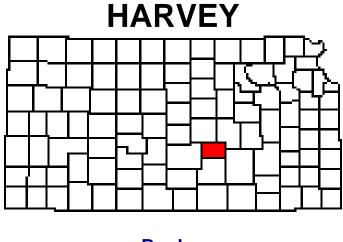
Updated: August 26, 2005



## **Books:**

No libraries in your county have Arthritis Foundation books. Please see surrounding counties.

### **Rheumatologists**;

There are no rheumatologists located in your county. Please see surrounding counties or rheumatologists located in **OKLAHOMA**.

### **Programs:**

#### **Arthritis Foundation Aquatic Program**

The warm water exercise program offers improved joint flexibility, range of motion and muscle strength. Videos are available for at-home exercises from the Arthritis Foundation.

#### **Newton Recreation Commission**

415 N. Poplar CONTACT: Newton, KS 67114 316-282-7330

Kidron Bethel Village Wellness Center

3001 Ivy Drive CONTACT: 316-284-2900

Hesston Wellness Center
701 S. Main
Hesston, KS 67062

CONTACT:
620-327-2323

#### **Arthritis Foundation Exercise Program**

This program is a gentle land-based exercise class for increasing or maintaining joint flexibility, range of motion and muscle strength. Videos are available for at-home exercises from the Arthritis Foundation.

Updated: August 26, 2005

Kidron Bethel Village Wellness Center 3001 Ivy Drive N. Newton, KS 67117 http://www.kidronbethel.org

Contact: 316-284-2900

# **Support Groups:**

There are no support groups located in your county. Please see surrounding counties.